

Warning Signs of Domestic Violence

The following are warning signs that could indicate that you are a victim or are becoming a victim of domestic violence. You may be at risk for domestic violence if your partner is doing any of the following things:

- ◆ Checking up on you too much: your partner may be listening to your phone calls, asking you where you were, calling you at work throughout the day, or checking the mileage on your car.
- ◆ Putting you down: your partner may call you names, criticize you frequently, humiliate you in public or private, or make you feel like you are crazy.
- ◆ Trying to control what you do: your partner may be telling you not to see certain friends or family members, keeping you from going to school or work, making you stay at home when you want to go out.
- ◆ Acting jealous or possessive and saying that is a sign of love.
- ◆ Destroying or threatening to destroy your belongings.
- ◆ Threatening to hurt you, your friends, other family members, or pets.
- ◆ Touching you in a way that hurts or scares you.
- ◆ Making you have sex in ways or at times that are not comfortable for you.
- ◆ Blaming you or others for everything; getting angry in a way that scares you.
- ◆ Saying that your concerns and fears about your relationship are not real or not important.

Please remember that no one has a right to hurt you. Domestic violence is a crime.